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## COTTAGE CHEESE FACT SHEET

The Situation: The skim milk from which cottage cheese is made is now plentiful. During the late spring and summer months, green pastures mean peak milk production and large supplies of skim milk. One of the skim milk products most easily made is cottage cheese, and this product may now be manufactured without quota restrictions. Because skim milk is a highly perishable and a bulky product it must be disposed of quickly. Storage vats must be emptied to make way for additional fresh milk coming to market. Most evaporating and drying plants are operating at capacity or as near capacity as manpower conditions permit. In many milk plants, after the milk has been separated, the supply of skim milk presents a serious problem. Manufacture into cottage cheese is one of the most satisfactory and convenient ways of conserving this valuable food. Unless this supply of skim milk can be converted quickly into other food products it may be wasted.

It is estimated that the production of cottage cheese this year will be at least 200 to 210 million pounds. However, this quantity could be increased by approximately 30 million pounds if more consumers were aware of the food value and the many uses of cottage cheese. Much of this increase would have to take place in the period of flush milk production. Whatever increase in cottage cheese consumption may be achieved during the late spring and summer period of peak milk production means that much more food saved for human consumption, and correspondingly less demand for other protein foods that are now in a very short supply.

What to do about it: Check your local situation to be sure that cottage cheese is plentiful and that dealers will have an adequate supply of containers to meet any increase in demand. Then urge consumers to eat more cottage cheese this spring and summer.

The following information should be helpful in encouraging increased use of cottage cheese during this period.

USING COTTAGE CHEESE

Nutritional Value: Cottage cheese is an excellent source of efficient protein needed to build and repair body tissue and of calcium to build strong bones and sound teeth. It also contains several of the B vitamins. It makes much the same excellent contribution to the diet that skim milk does. Cottage cheese is delicately flavored, easily digested, and furnishes a nourishing non-fat food which is valuable in the diet of everyone.

How to Serve: Cottage cheese may be served plain, with salad dressing, with whole milk and sugar, or combined with fruit or vegetables.

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Being mild in flavor, cottage cheese combines perfectly with berries, peaches or other fresh or canned fruits, with raisins, cut dates, jam, marmalade, or chopped nuts. These dishes are easily prepared and especially appreciated for serving at warm-weather meals. Pleasing salads are made by combining cottage cheese with crisp vegetables such as chopped celery, green pepper, cabbage and cucumbers. Ground sage, horse-radish, onion juice and parsley may be used for seasoning. Serve on a bed of crisp salad greens with salad dressing.

A substantial and appetizing sandwich filling may be made of cottage cheese and any of the following: chopped mixed relish, chili sauce, chipped dill pickle, green pepper, celery, parsley or onion and salad dressing. Chopped nuts and cottage cheese make another good sandwich filling, or cottage cheese may be blended with peanut butter for filling. Serve on plain or toasted bread.

## RECIPES

Cottage Cheese and Green Pepper Salad: Remove pulp and seeds from a green pepper. Stuff pepper with cottage cheese, seasoned with salt and pepper. Chopped nuts and chopped red pepper or onion may be added to the cheese. Let stuffed pepper stand in a cool place for one hour, slice, and serve on lettuce leaves with salad dressing.

Tomato Flowers with Cottage Cheese Stuffing: Cut a firm tomato, starting from the stem end, into six or eight sections, leaving the bottom of the tomato intact. Spread tomato sections apart, and fill center with cottage cheese. Firm tomatoes that come out of the jar or can whole may be substituted for fresh ones by filling the center of the tomato with seasoned cottage cheese. Serve with your favorite salad dressing.

Combination Fruit and Cottage Cheese Salad: Cottage cheese with fresh or canned pears, pineapple, or peaches makes a good salad. Chopped nuts are optional. Serve with crisp salad greens--lettuce, or water cress.

### Cottage Cheese Patties:

2 cups cottage cheese  
2 cups mashed potatoes  
1 egg, beaten

White sauce  
1/2 cup milk  
2 tablespoons flour  
1 tablespoon fat  
salt and pepper

Make white sauce. Gradually beat cottage cheese into 1/2 cup thick white sauce. Add mashed potatoes, season, make into soft balls, roll in bread crumbs, then in beaten egg, then in bread crumbs again. Fry in a little fat until a delicate brown. Delicious served with tomato sauce.

### Old Dutch Cheese "Cake":

1 cup cottage cheese  
2/3 cup sugar  
1/2 cup milk

2 egg yolks beaten  
1 tablespoon melted fat  
Salt  
2 tablespoons cornstarch

Flavor with a little lemon juice and grated rind, with mace or nutmeg.

Mix the ingredients in the order given. Bake 25 minutes in a moderate oven or until brown. Makes a very firm custard.